

How It Works

Welcome to CalorieMate, your ultimate tool for effective calorie tracking and management. Our app is designed to help you monitor your daily intake and reach your health goals with ease. Here's a step-by-step guide on how CalorieMate works:

1. Login Page

To start using CalorieMate, you need to log in with your username and password. If you already have an account, simply enter your credentials and press the login button to access your dashboard.

2. Registration Page

If you are new to CalorieMate, you need to create an account. On the registration page, enter a unique username and a secure password. Click on the 'Register' button to set up your account.

3. Information Page

After registration, you will be directed to the information page. Here, you need to input your age, gender, height, and weight. This information is essential for calculating your Body Mass Index (BMI) and daily calorie needs accurately.

4. Homepage

Once you log in successfully, you will be taken to the homepage. This page provides an overview of your personal information including weight, height, remaining daily calorie allowance, and your calculated BMI. Additionally, you will find food recommendations tailored to your dietary needs. The navigation bar at the bottom allows you to easily move between your profile, the homepage, and the custom food page.

5. Profile Page

On the profile page, you can view your current profile details. The About Me section displays your current weight and height, while the BMI Information section shows your BMI calculation and weight status. This page provides a comprehensive view of your health metrics.

6. Edit Profile Page

To update your personal information, navigate to the edit profile page. Here, you can change your password, and update your current weight and height. This ensures that your health data remains accurate and up-to-date.

7. Calorie Management Page

The calorie management page allows you to monitor your calorie intake effectively. You can see your daily calorie limit, your calorie target, and the calories you have consumed so far. To add more calories, click the Add Calories button and input the food you have eaten. This helps you stay within your desired calorie range.

8. Food Management Page

This page displays both preset food data and any custom food entries you have made. The food slide provides detailed nutritional information for each item, including total carbohydrates, fats, proteins, and calories per serving. This feature helps you understand the nutritional content of the foods you consume.

9. Custom Food Page

If you consume a food item that is not listed in our database, you can add it on the custom food page. Enter the name and nutritional information of the new food, and it will be added to your food records for future reference.

10. BMI Status Page

The BMI status page shows your current BMI and explains the implications of different BMI ranges. You can also set new weight targets and adjust your daily calorie limits here. This page helps you keep track of your BMI and manage your weight goals effectively.

11. Food Recommendation Page

Based on your remaining daily calorie limit, the food recommendation page suggests foods that fit within your calorie budget. Click on any recommended food to see detailed nutritional information. This feature helps you make better food choices and stay within your calorie goals.

By following these steps, CalorieMate makes it easy for you to monitor your calorie intake and maintain a healthy lifestyle. Our user-friendly interface and comprehensive features ensure that you have all the tools you need to achieve your health and fitness objectives.

Thank you for choosing CalorieMate. We are dedicated to supporting you on your journey to better health.